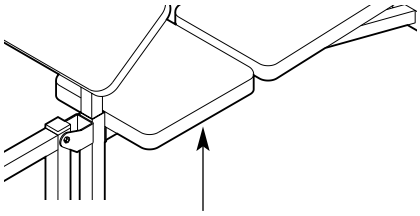
WEIDER® 525

Model No. 831.150630
Serial No. _____
Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

EXERCISE EQUIPMENT

QUESTIONS

HELPLINE!

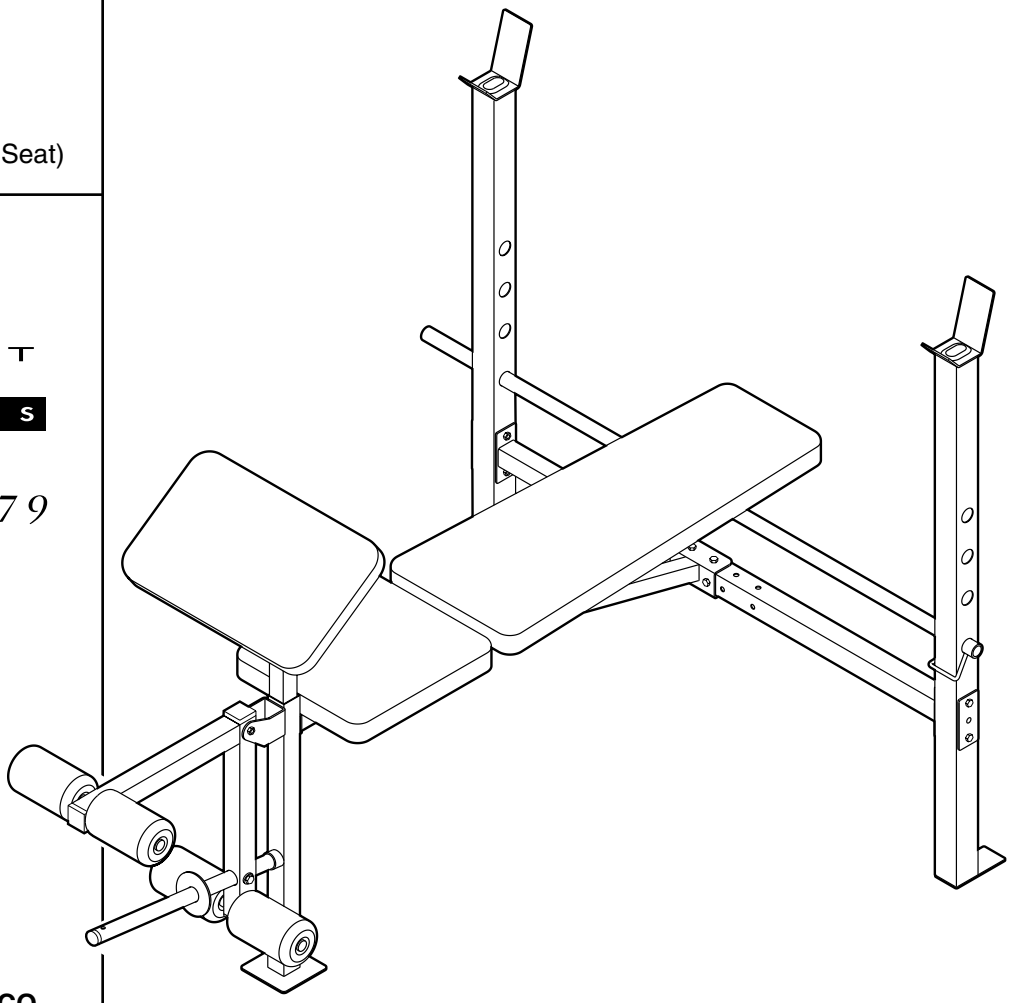
1-800-736-6879

SEARS, ROEBUCK AND CO.,
HOFFMAN ESTATES, IL 60179

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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www.weiderfitness.com

new products, prizes, fitness tips, and much more!

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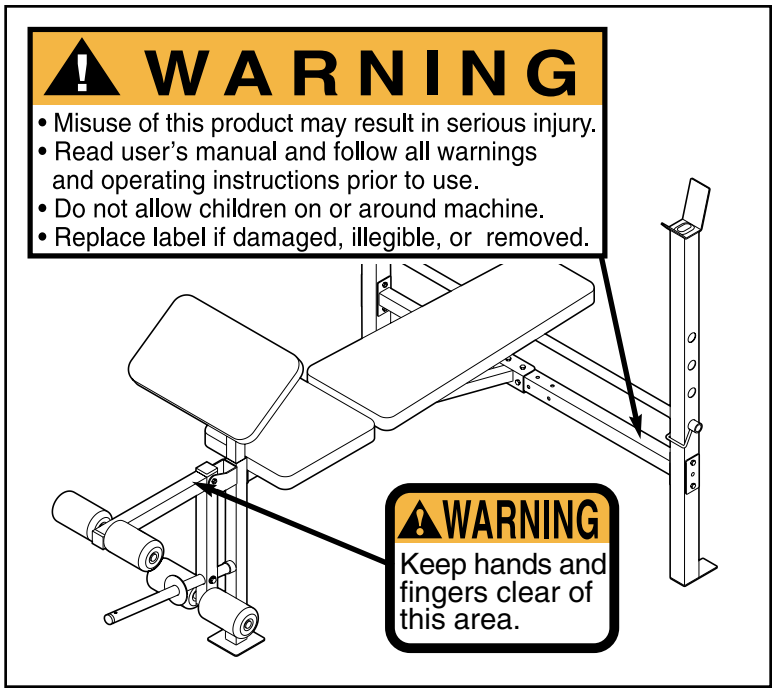
FULL 90 DAY WARRANTY . . . . . .Back Cover

WARNING DECAL PLACEMENT

The decals shown here have been applied to the weight bench. If a decal is missing, or if it is not legible, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays), to order a free replacement decal. Apply the replacement decal in the location shown.


WARNING
• Misuse of this product may result in serious injury.
• Read user's manual and follow all warnings and operating instructions prior to use.
• Do not allow children on or around machine.
• Replace label if damaged, illegible, or removed.
WARNING
Keep hands and fingers clear of this area.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. **Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.**
3. **The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.**
4. **Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.**
5. **Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.**
6. **Keep children under 12 and pets away from the weight bench at all times.**
7. **Always wear athletic shoes for foot protection while exercising.**
8. **Do not use a barbell (not included) that is longer than six feet with the weight bench.**
9. **Always exercise with a partner. When you are performing bench press exercises, your partner should stand behind you to catch the barbell if you cannot complete a repetition.**
10. **Keep hands and feet away from moving parts.**
11. **Always be sure there is an equal amount of weight (not included) on each side of your barbell when you are using it. Always keep some weight on both ends of the barbell when adding or removing weights to prevent the barbell from tipping.**
12. **Always remove the curl post from the front leg before performing leg curl or leg extension exercises with the leg lever.**
13. **When you are using the leg lever, place a barbell with the same amount of weight on the weight rests to balance the bench.**
14. **The weight bench is designed to support a maximum of 460 pounds, including the user, a weight bar, and weights. Do not place more than 210 pounds, including a weight bar and weights, on the weight rests. Do not place more than 130 pounds on the leg lever.**
15. **When using the backrest in an inclined position, make sure that the support rod is inserted completely through both uprights, and that the support rod is turned to the locked position.**
16. **If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.**

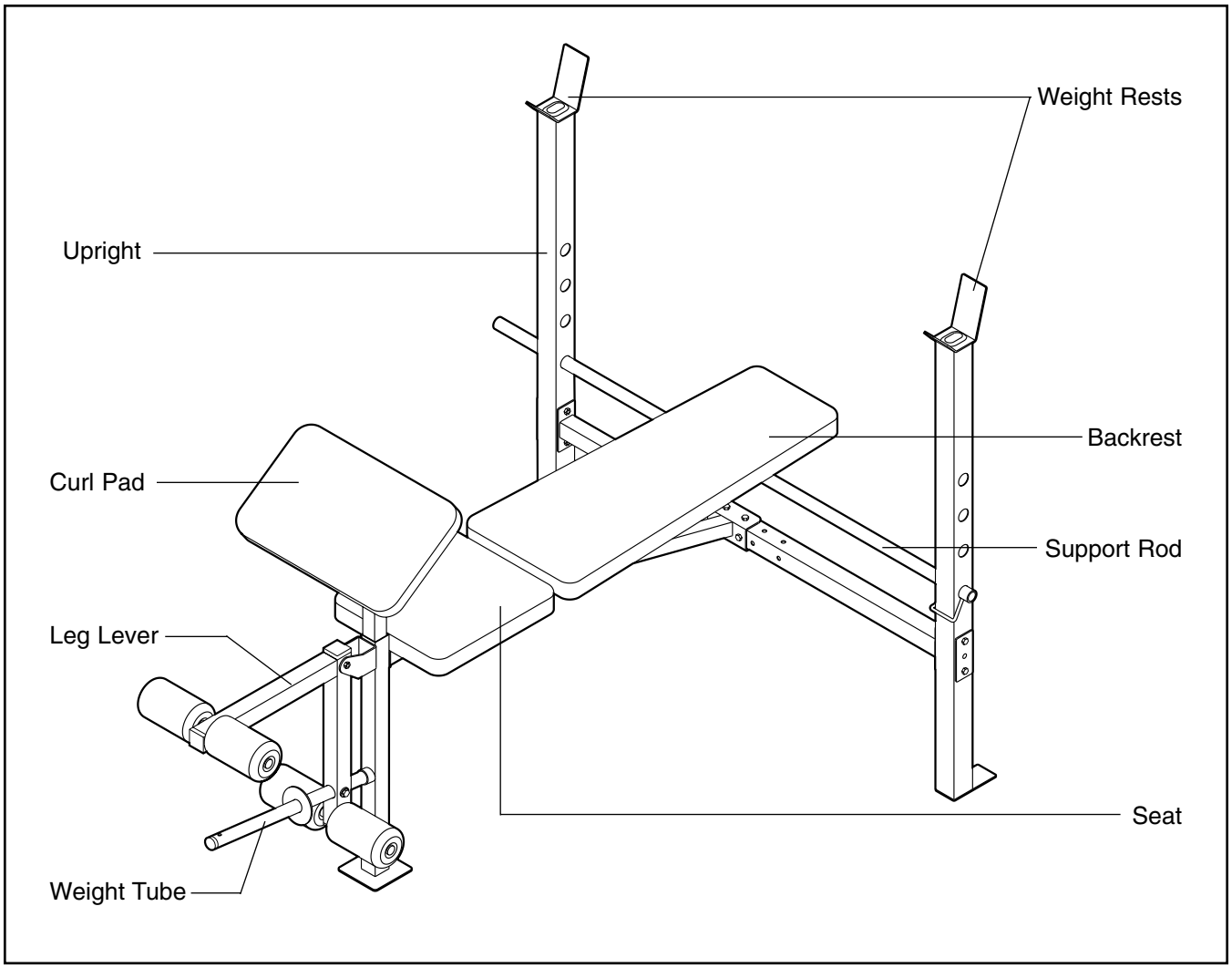
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the WEIDER® 525 weight bench. The WEIDER® 525 is designed to be used with your own weight set (not included) to develop every major muscle group of the body. Whether your goal is a shapely figure, dramatic muscle size and strength, or a healthier cardiovascular system, the WEIDER® 525 will help you to achieve the specific results you want.

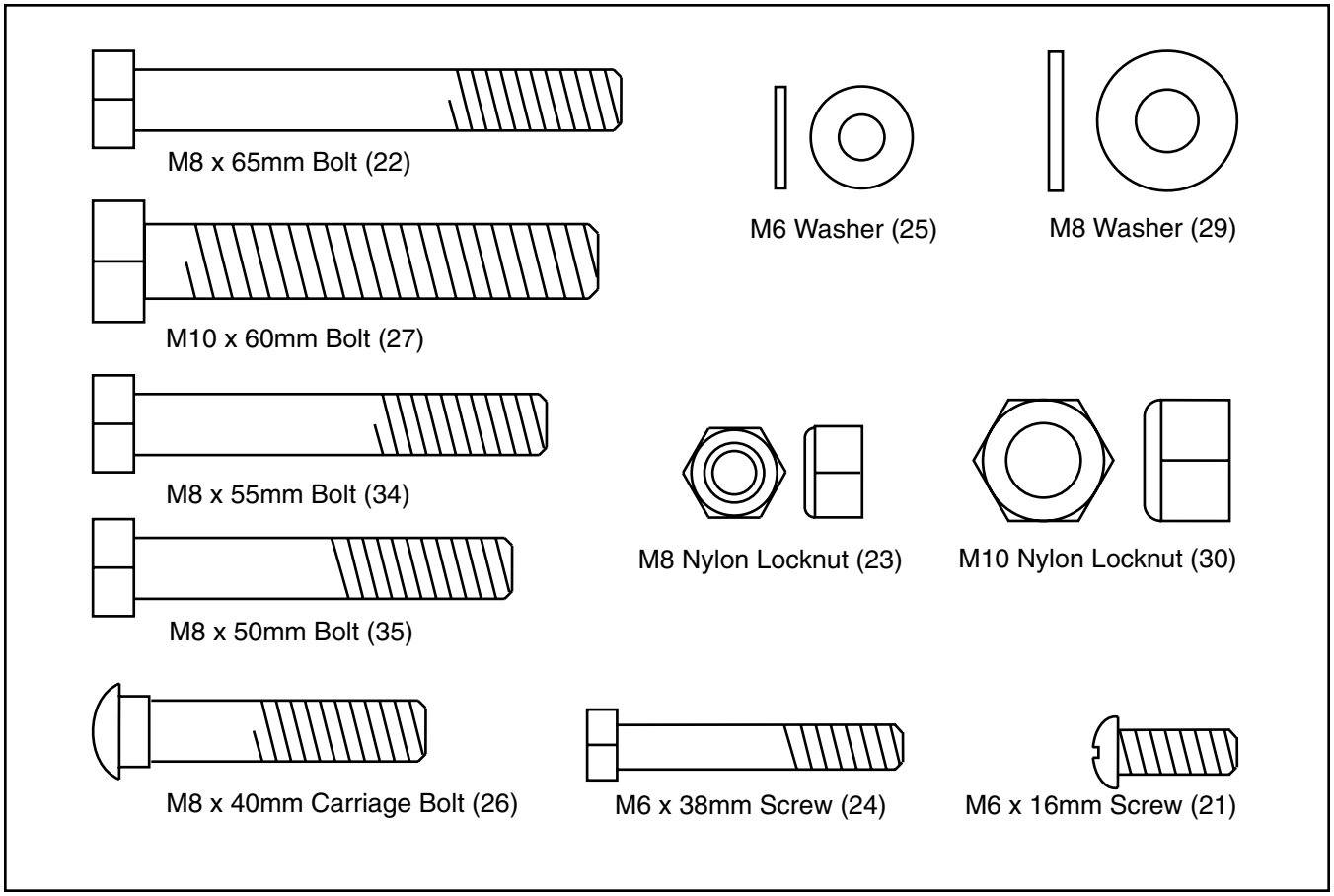
For your benefit, read this manual carefully before using the WEIDER® 525 weight bench. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is 831.150630. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.



PART IDENTIFICATION CHART

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part, from the PART LIST on page 14 of this manual. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**


M8 x 65mm Bolt (22)
M6 Washer (25)
M8 Washer (29)
M10 x 60mm Bolt (27)
M8 x 55mm Bolt (34)
M8 Nylon Locknut (23)
M10 Nylon Locknut (30)
M8 x 50mm Bolt (35)
M8 x 40mm Carriage Bolt (26)
M6 x 38mm Screw (24)
M6 x 16mm Screw (21)

ASSEMBLY

Make Things Easier for Yourself

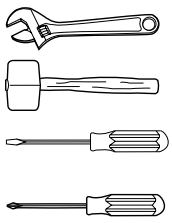
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- For help identifying small parts, use the PART IDENTIFICATION CHART on page 5.

The following tools (not included) are required for assembly:

- **Two adjustable wrenches**
- **One rubber mallet**
- **One standard screwdriver**
- **One Phillips screwdriver**



- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

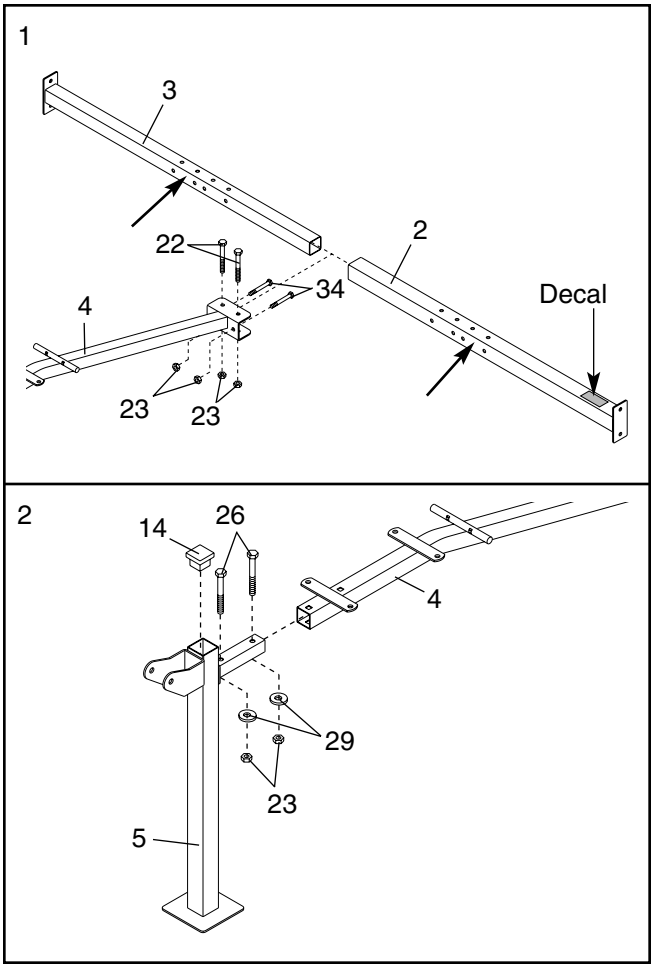
1. **Before assembling this product, be sure that you have read and understand the information in the box above.**

   Slide the Small Crossbar (3) into the Large Crossbar (2), with the decal on top. **Note: the crossbar can be adjusted for use with either a mid-width barbell or an olympic barbell. For a mid-width barbell, align the indicated set of holes on the Crossbars. For an olympic barbell, align the inner set of holes.**

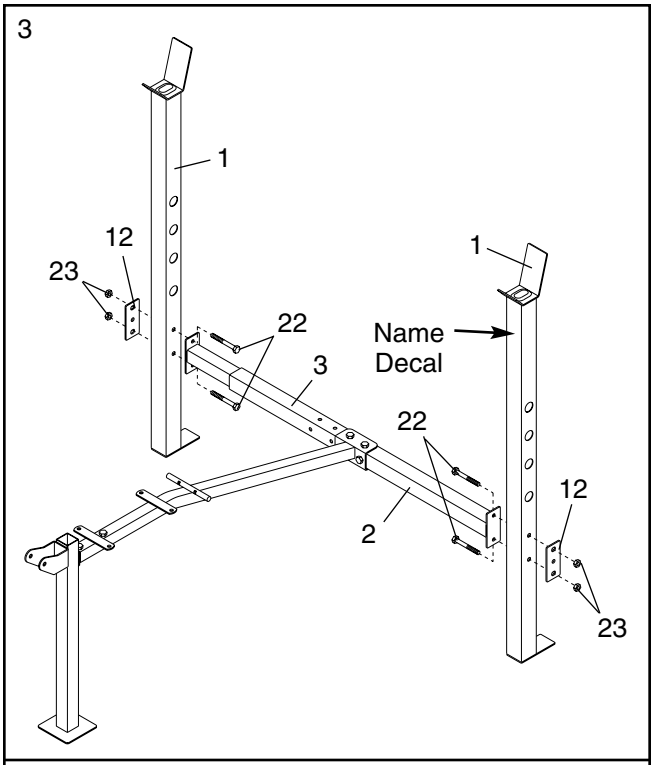
   Attach the Frame (4) to the Crossbars (2, 3) with two M8 x 65mm Bolts (22), two M8 x 55mm Bolts (34), and four M8 Nylon Locknuts (23). **Do not tighten the Nylon Locknuts yet.**

2. Insert a 38mm Square Inner Cap (14) into the Front Leg (5).

   Attach the Front Leg (5) to the Frame (4) with two M8 x 40mm Carriage Bolts (26), two M8 Washers (29), and two M8 Nylon Locknuts (23). **Do not tighten the Nylon Locknuts yet.**



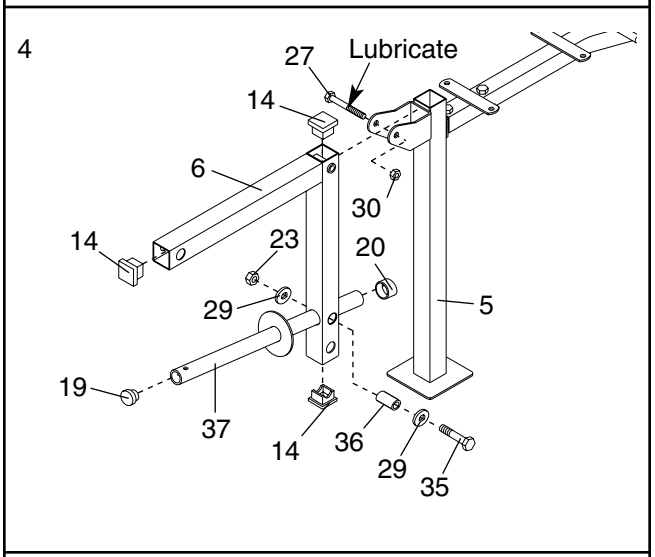
3. Attach the Crossbars (2, 3) to the Uprights (1) with four M8 x 65mm Bolts (22), two Support Plates (12), and four M8 Nylon Locknuts (23). **Do not tighten the Nylon Locknuts yet. Note the position of the name decal and make sure the Uprights are oriented as shown.**



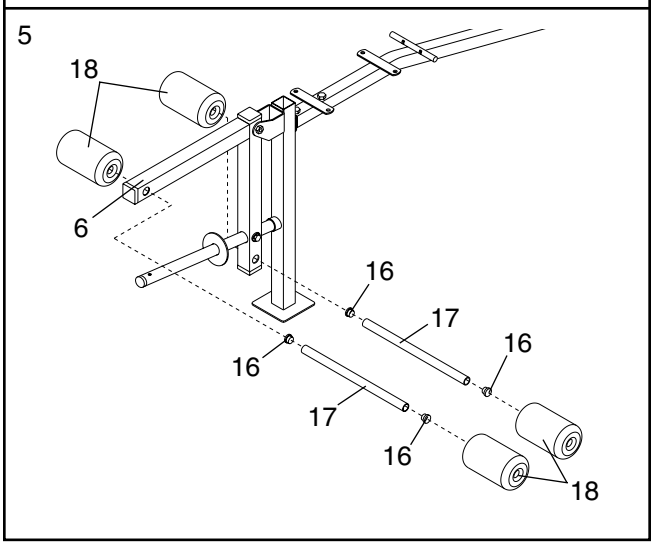
4. Press a 25.4mm Round Inner Cap (19) into the indicated end of the Weight Tube (37). Slide the Weight Tube through the Leg Lever (6) and attach it with an M8 x 50mm Bolt (35), two M8 Washers (29), a Sleeve (36), and an M8 Nylon Locknut (23). Press a 25.4mm Angle Cap (20) onto the other end of the Weight Tube.

   Tap three 38mm Square Inner Caps (14) into the Leg Lever (6).

   Lubricate the M10 x 60mm Bolt (27). Attach the Leg Lever (6) to the Front Leg (5) with the Bolt and an M10 Nylon Locknut (30). **Do not over-tighten the Nylon Locknut; the Leg Lever must be able to pivot freely.**

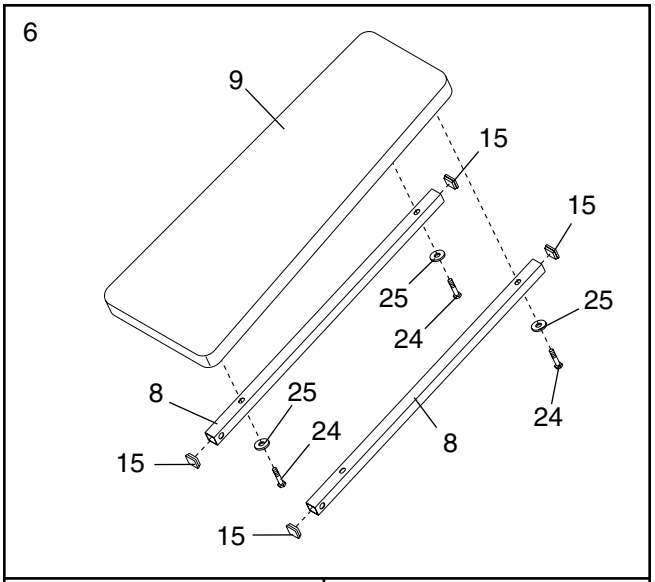


5. Press two 19mm Round Inner Caps (16) into each Pad Tube (17). Slide the Pad Tubes through the holes in the Leg Lever (6). Slide a Foam Pad (18) onto each side of the two Pad Tubes.



6. Press four 25.4mm Square Inner Caps (15) into the indicated ends of each Backrest Tube (8).

   Attach the Backrest Tubes (8) to the Backrest (9) with three M6 x 38mm Screws (24) and three M6 Washers (25). **Do not tighten the Screws yet.**



7. Press a 25.4mm Round Inner Cap (19) into each end of the Support Rod (13).

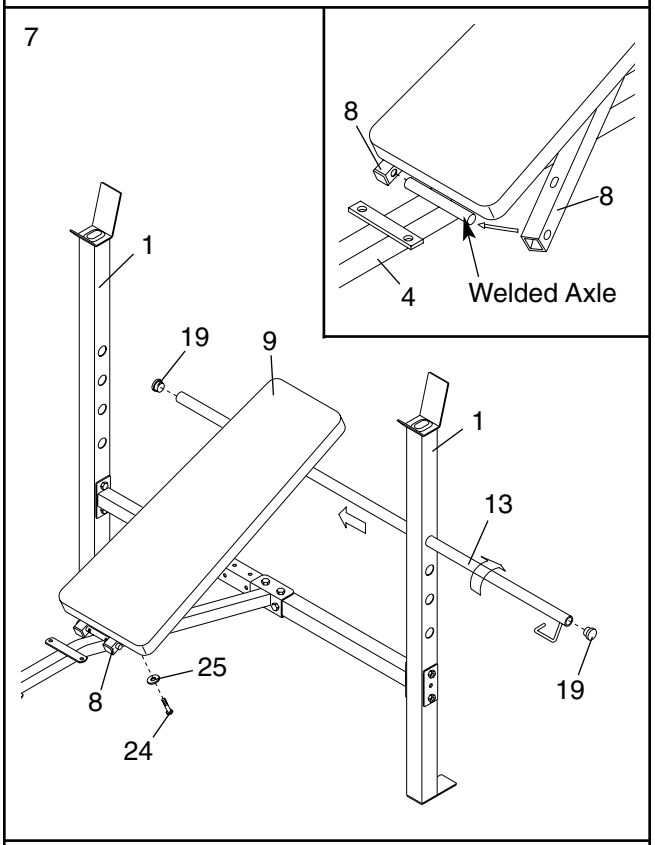
   Insert the end of the Support Rod (13) without the locking clip through the Uprights (1). Rotate the locking clip into place around the Upright.

   See the inset drawing. With the help of a second person, slide the indicated ends of the Backrest Tubes (8) onto the welded axle on the Frame (4).

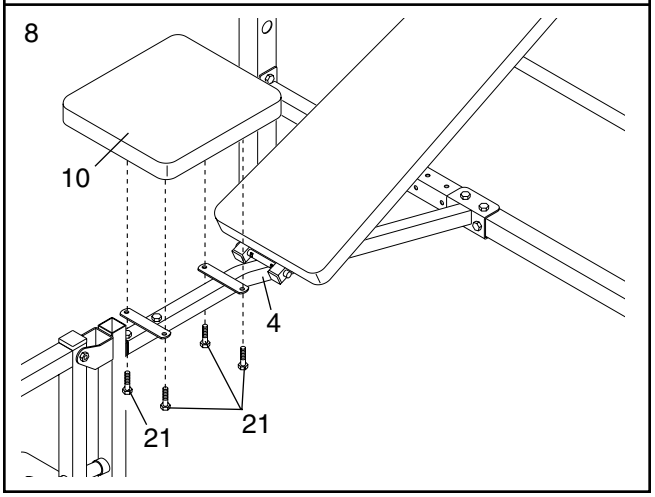
   Attach the left Backrest Tube (8) to the Backrest (9) with a fourth M6 x 38mm Screw (24) and M6 Washer (25). **Tighten all four Screws in the Backrest.**

   Rest the Backrest (9) on the Support Rod (13).

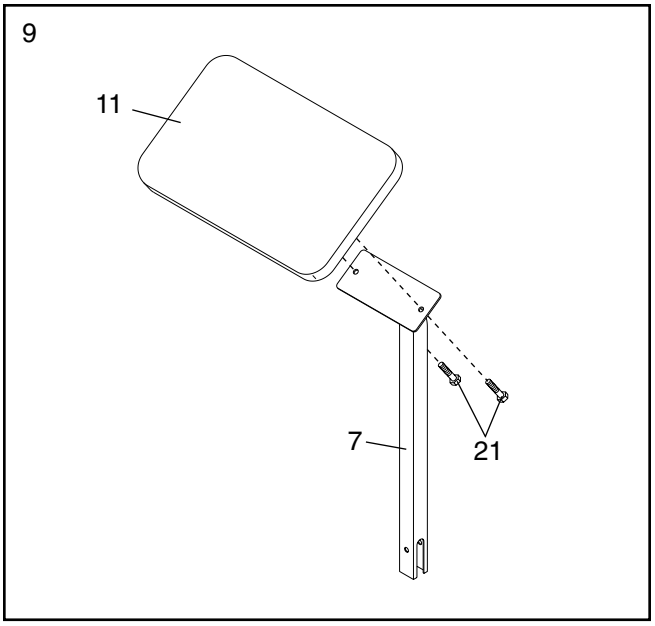
   Tighten the M8 Nylon Locknuts (23) used in steps 1–3.



8. Attach the Seat (10) to the brackets on the Frame (4) with four M6 x 16mm Screws (21).



9. Attach the Curl Pad (11) to the Curl Post (7) with two M6 x 16mm Screws (21).



10. **Make sure that all parts are properly tightened before you use the weight bench.** The use of all remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

ADJUSTMENTS

The weight bench is designed to be used with your own weight set (not included). The steps below explain how the weight bench can be adjusted. See EXERCISE GUIDELINES on page 12 for important exercise information and refer to the accompanying exercise guide to see the correct form for each exercise. Refer also to the exercise information accompanying your weight set (not included) for additional exercises.

Inspect and tighten all parts each time you use the weight bench. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

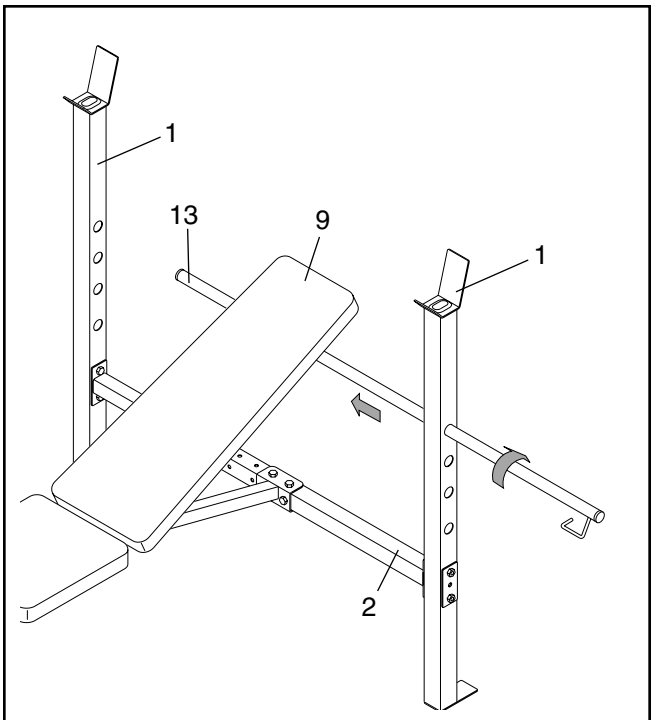
ADJUSTING THE BACKREST

The Backrest (9) can be used in a decline position, a level position, or three incline positions. To use the Backrest in the decline position, remove the Support Rod (13) and lay the Backrest on the Crossbar (2).

To use the Backrest (9) in the level position, lift the Backrest and insert the Support Rod (13) through the bottom set of holes in the Uprights (1). Rotate the locking clip into place around the Upright.

To use the Backrest (9) in an incline position, lift the Backrest and insert the Support Rod (13) through one of the top three sets of holes in the Uprights (1). Rotate the locking clip into place around the Upright.

⚠WARNING: When using the Backrest (9) in a level or incline position, insert the Support Rod (13) completely through both Uprights (1) and turn it to the locked position.

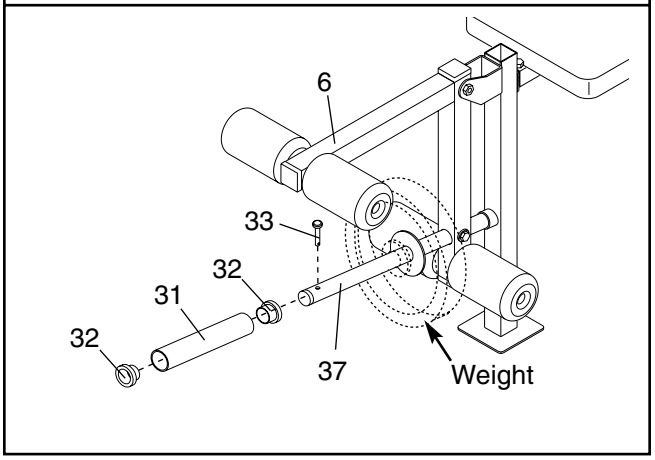


ATTACHING WEIGHTS TO THE LEG LEVER

To use the Leg Lever (6), slide the desired weights (not included) onto the weight tube.

To use Olympic weights, press the two Adapter Bushings (32) into the ends of the Weight Tube Adapter (31). Slide the Weight Tube Adapter onto the Weight Tube (37) on the Leg Lever (6). Insert the Pin (33) into the Weight Tube.

⚠WARNING: Do not place more than 50 pounds on the Leg Lever (6).

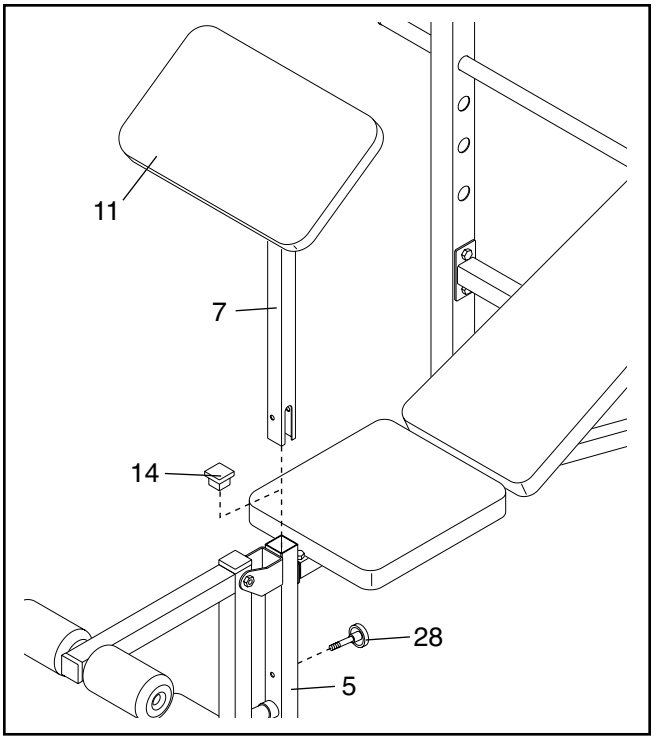


ATTACHING THE CURL POST

For some exercises, the Curl Pad (11) must be attached to the weight bench.

Insert the Curl Post (7) into the indicated hole in the Front Leg (5). Align the holes in the Front Leg and the Curl Post. Secure the Curl Post with the Adjustment Knob (28). **Make sure that you fully tighten the Adjustment Knob.**

Note: When the Curl Pad (11) is not in use, the 38mm Square Inner Cap (14) should be inserted into the Front Leg (5).



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 13 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

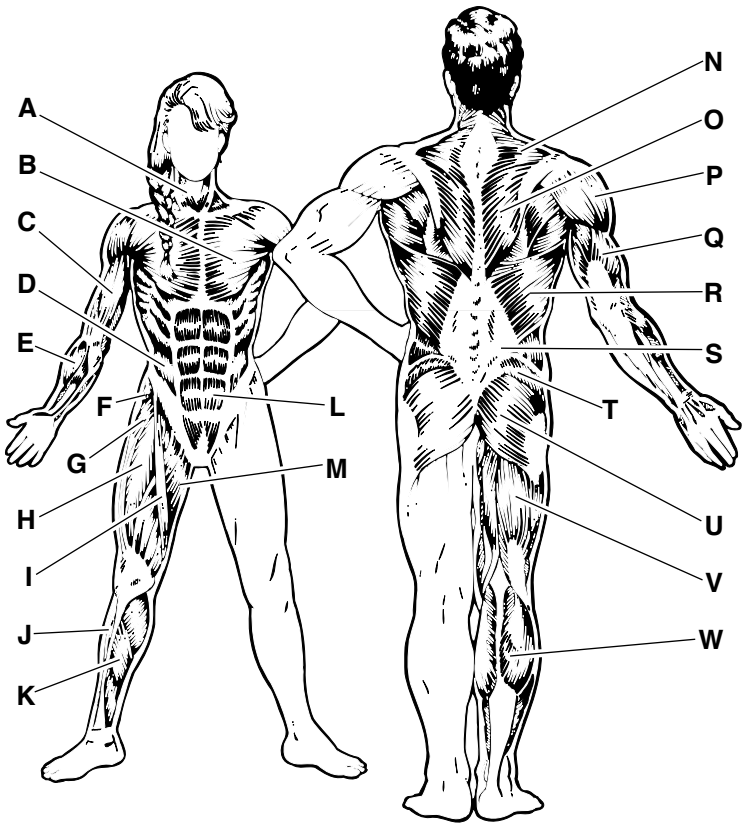
End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboideus (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spinae Erectors (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)



PART LIST—Model No. 831.150630

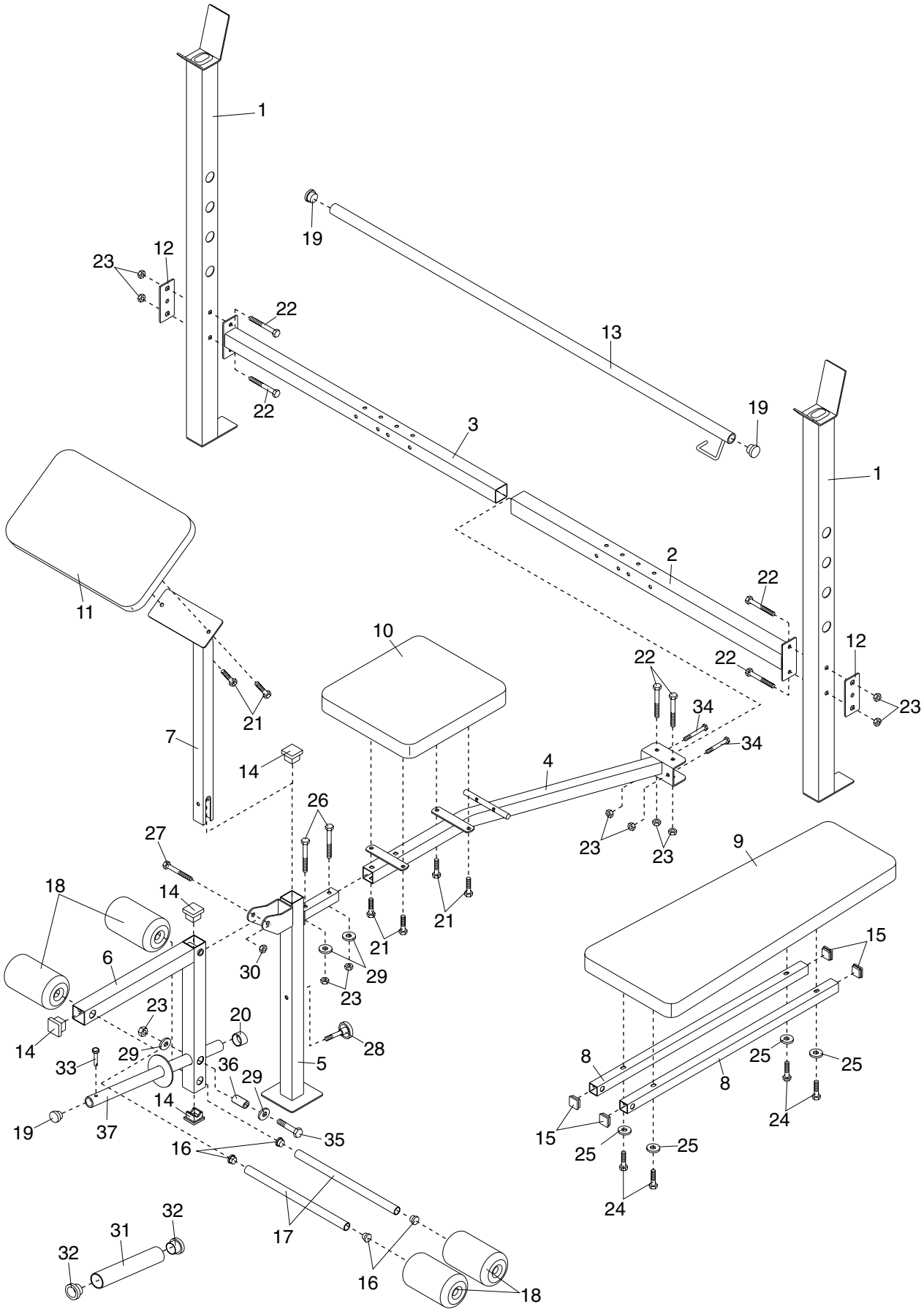
R0701A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Upright	21	6	M6 x 16mm Screw
2	1	Large Crossbar	22	6	M8 x 65mm Bolt
3	1	Small Crossbar	23	11	M8 Nylon Locknut
4	1	Frame	24	4	M6 x 38mm Screw
5	1	Front Leg	25	4	M6 Washer
6	1	Leg Lever	26	2	M8 x 40mm Carriage Bolt
7	1	Curl Post	27	1	M10 x 60mm Bolt
8	2	Backrest Tube	28	1	Adjustment Knob
9	1	Backrest	29	4	M8 Washer
10	1	Seat	30	1	M10 Nylon Locknut
11	1	Curl Pad	31	1	Weight Tube Adapter
12	2	Support Plate	32	2	Adapter Bushing
13	1	Support Rod	33	1	Pin
14	4	38mm Square Inner Cap	34	2	M8 x 55mm Bolt
15	4	25.4mm Square Inner Cap	35	1	M8 x 50mm Bolt
16	4	19mm Round Inner Cap	36	1	Sleeve
17	2	Pad Tube	37	1	Weight Tube
18	4	Foam Pad	#	1	User's Manual
19	3	25.4mm Round Inner Cap	#	1	Exercise Guide
20	1	25.4mm Angle Cap			

"#" Indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information on ordering replacement parts.

EXPLODED DRAWING—Model No. 831.150630

R0701A



Model No. 831.150630

QUESTIONS?

If you find that:

- **you need help assembling or operating the WEIDER® 525**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART

(1-800-366-7278)

The model number and serial number of your WEIDER® 525 are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The MODEL NUMBER of the product (831.150630)
- The NAME of the product (WEIDER® 525 weight bench)
- The PART NUMBER and DESCRIPTION of the PART (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15 of this manual)

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT BENCH EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT BENCH EXERCISER, free of charge.

This warranty does not apply when the WEIGHT BENCH EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Part No. 176988 R0701A

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